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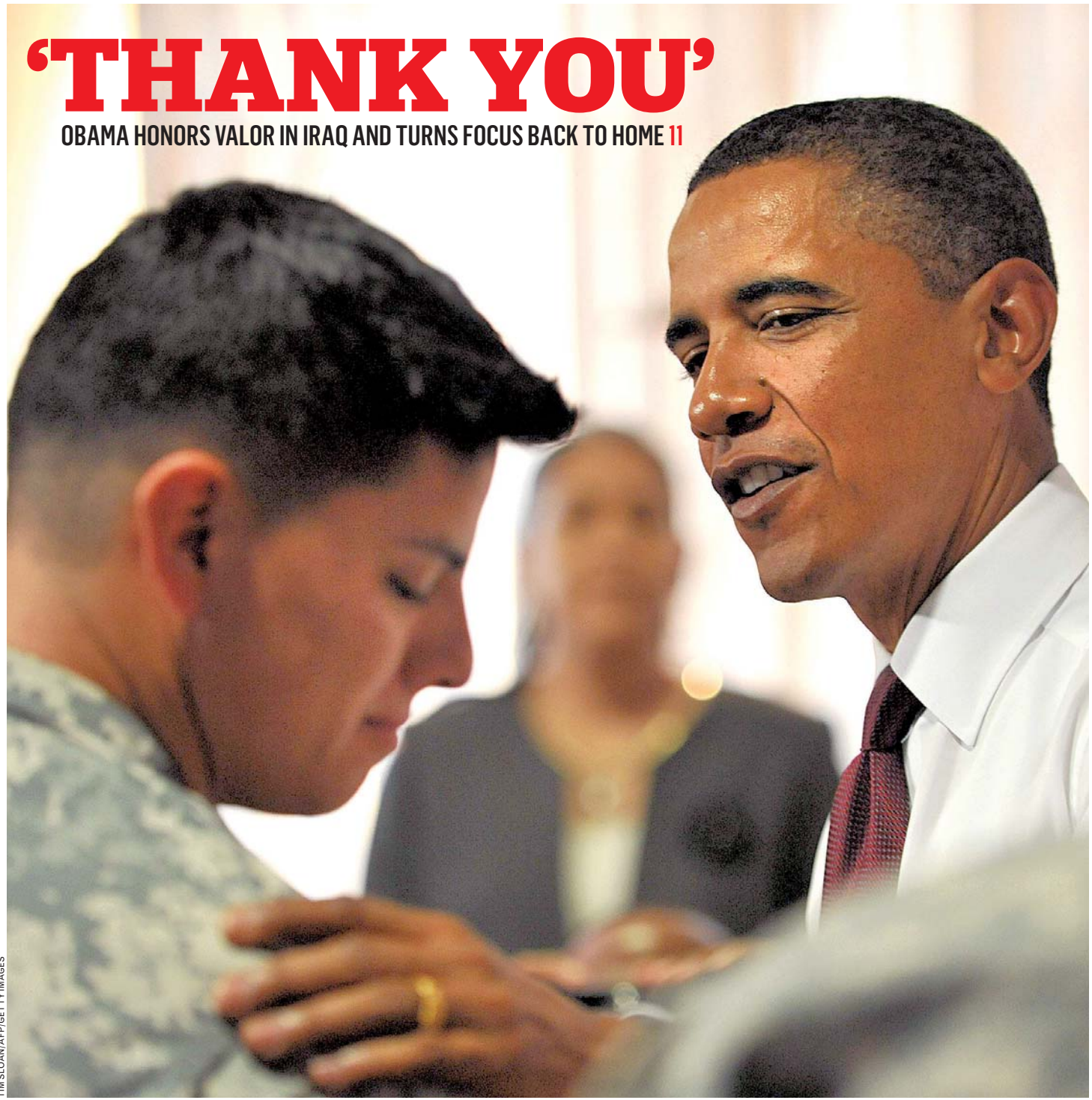


BEARING DOWN
East Coast braces
 for a possible brush
 with Hurricane Earl **3**

'BARBIE' BUSTED
Mexico arrests an
American seen as a
 brutal drug kingpin **7**



BURNING, MON
Spice up your diet
 with Caribbean stews
 and island fishes **31**



'THANK YOU'

OBAMA HONORS VALOR IN IRAQ AND TURNS FOCUS BACK TO HOME **11**

am **96** | **71** pm

FOR EXTENDED FORECAST, SEE PAGE 33

TIM SLOAN/AFP/GETTY IMAGES



EYE OPENERS

Child Busks in Plane Aisles to Fund Fare

A 12-year-old girl and her father were barred from a Ryanair flight after refusing to spend £190 on an extra seat for her violin, the Daily Mail reported. They had planned to stow the instrument in an overhead compartment, but gate personnel ordered them to buy an extra seat or put it in the hold. By the time they agreed to pay, boarding had closed and they had to take another airline home. (EXPRESS)

Topeka School Knocks Kids Down, Steals Lunch Money

This fall, the kindergartners of Topeka Unified School District 501 won't get to take naps as part of their day, the Capital-Journal reported. Apparently administrators discontinued the practice several years ago and are merely enforcing the rule with this current ban. Some teachers were still allowing up to 25 minutes of nap time a day. (EXPRESS)

They Swore They'd Always Do Everything Together

A woman and her husband were both arrested in Dover, Del., for driving while intoxicated after he moved into the driver's seat of the car and attempted to drive away. Sharon Piatek had rear-ended another vehicle. Nobody was injured, but while Piatek was performing field sobriety tests, her husband, Brian, put the Dodge Stratus into drive and began to drive forward. (AP)

The Big Picture



AXLES IN THE AIR: In Poland they apparently have so many bicycles that they can turn them into art projects, as in this sculpture in Gdansk commemorating the 30th anniversary of the Solidarity movement, which was spawned by a strike during which pretty much everyone used bikes as a means of transport.

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Scientist Accused of Espionage

Indianapolis

A former Indiana scientist accused of illegally sending trade secrets worth \$300 million to China and Germany has been charged with economic espionage.

A federal indictment unsealed Tuesday charged 45-year-old Kexue Huang with theft and attempted theft of trade secrets to benefit a foreign government.

Prosecutors say Huang passed insecticide information on to Hunan Normal University while he worked as a researcher for Dow AgroSciences from 2003 to 2008. Magistrate Judge Kennard Foster entered a not-guilty plea on Huang's behalf.

Defense attorney Michael Donahoe calls the alleged scheme "hypothetical" and says Huang maintains his innocence. (AP)

Correction

Yesterday's cover story about bedbugs ("Biting Back") included pictures of the wrong insect. An actual bedbug is pictured here.



Hurricane Earl Roars Toward U.S.

East Coast could face evacuations if storm doesn't alter course

Raleigh, N.C.

A powerful Hurricane Earl threatened to sideswipe much of the East Coast just ahead of Labor Day, worrying countless vacationers who planned to spend the traditional last week of summer at the beach.

The Federal Emergency Management Agency warned people along the Eastern Seaboard to prepare for possible evacuations and islanders in the Turks and Caicos hunkered down in their homes Tuesday as the Category 4 hurricane steamed across the Caribbean with winds of 135 mph.

Earl was expected to remain over the open ocean before turning north and running parallel to the East Coast, bringing high winds and heavy rain to North Carolina's Outer Banks by late Thursday or early Friday. From there, forecasters said, it could curve away from the coast somewhat as it makes it



NASA/GOES PROJECT VIA GETTY IMAGES

Hurricane Earl charges past Puerto Rico as Tropical Storm Fiona trails behind.

way north, perhaps hitting Massachusetts' Cape Cod and the Maine shoreline on Friday night and Saturday.

"My guests are calling and they don't know what to do and I don't know what to tell them," said Dave Dawson, owner of the oceanfront Cape Hatteras Motel in Buxton, N.C.

Forecasters cautioned that it was still too early to tell how close Earl

might come to land. But not since Hurricane Bob in 1991 has such a powerful storm had such a large swath of the East Coast in its sights, said Dennis Feltgen, spokesman for the National Hurricane Center.

"A slight shift of that track to the west is going to impact a great deal of real estate with potential hurricane-force winds," Feltgen said.

Even if Earl stays well offshore, it will kick up rough surf and dan-

Path of Destruction

As of late Tuesday afternoon, Earl was centered about 150 miles east of Grand Turk island — and 1,000 miles southeast of Cape Hatteras, N.C. — as it headed northwest at 14 mph. Close on its heels was Tropical Storm Fiona, which was not expected to reach hurricane strength for at least several days. (AP)

gerous rip currents up and down the coast through the Labor Day weekend, a prime time for beach vacations, forecasters said.

The approaching storm troubled many East Coast beach towns that had hoped to capitalize on the BP oil spill and draw visitors who normally vacation on the Gulf Coast.

FEMA administrator Craig Fugate said state and local authorities may need to order evacuations along the Eastern Seaboard later this week if the storm does not veer away as expected.

"Today is the day to make sure you have your plan completed and your supplies in place," he said.

EMERY P. DALESIO (AP)



HEALTH

New research suggests that pre-emptive surgery to remove healthy ovaries gives a triple benefit to some women at high risk for cancer. It lowers their threat of breast and ovarian cancer, and it boosts their chances of living longer. The study, which appears in Wednesday's *Journal of the American Medical Association*, is the largest to date to find advantages from surgery for these high-risk women. (AP)

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Nation

Obama-fied Oval Office

Fresh look features quotes from MLK and great presidents

Washington

Congressional opponents, stubborn diplomats or wary heads of state, beware: The new Oval Office sofas look so comfy, you just might be lulled into a few reckless compromises.

Every president eventually puts his own mark on the Oval Office, decoratively speaking, and the White House unveiled the Obama makeover on Tuesday, just hours before a major presidential speech on Iraq from his famous Resolute Desk (still there.)

Design experts were weighing in immediately, of course, on the calming melange of browns and tans, with a generous helping of leather and an assortment of stripes: Was it all a little too No-Drama Obama? Or was it livelier, cooler, more chic and elegant than before?

First, the changes: While the president and his family were away on vacation in Martha's Vineyard, workers installed new striped wallpaper, new sofas, reupholstered chairs, new lamps and a coffee table — and a new rug bearing quotes around its borders from famous



The Oval Office rug now features quotes from influential U.S. leaders and presidents.



The Seat of Power

Built from the timbers of a British exploration ship, the behemoth Resolute Desk was installed in the Oval Office by President John F. Kennedy, and since has been used by Presidents Jimmy Carter, Clinton, Ronald Reagan and George W. Bush. In a presidential pairing, Obama added a new brown leather chair to accompany the desk. (AP)

Americans. Excerpts include:

From Abraham Lincoln's Gettysburg Address, among the most famous words ever spoken by a president: "Government of the people, by the people and for the people."

From JFK's American University speech June 10, 1963: "No problem of human destiny is beyond human beings."

And easily Obama's favorite Martin Luther King Jr. quotation: "The arc of the moral universe is long, but it bends toward justice."

The White House wouldn't reveal the overall cost of the new look, but said it was "in line with the amount spent by Presidents Clinton and George W. Bush on the redesigns of their Oval Office."

MARK S. SMITH (AP)

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Nation

U.S. Doubts Terror Ties in Scare

Sources: Amsterdam incident probably not test run for an attack

Washington

The FBI probe of two men arrested in Amsterdam after suspicious items turned up in one of the men's luggage is finding they were probably not on a test run for a future terror attack, a U.S. official said Tuesday, casting doubt on earlier suggestions even as Dutch authorities held the pair on suspicion of conspiring to commit a terrorist act.

The U.S. does not expect to charge the men, a law enforcement official said. The two men arrested in Amsterdam — both traveling to Yemen — did not know each other and were not traveling together, a U.S. government official said. The officials spoke to The Associated Press on condition of anonymity.

The Amsterdam arrests came at a time of heightened alert less than



One of the suspects in Monday's incident in Amsterdam is led off the plane.

two weeks before the ninth anniversary of the Sept. 11, 2001, terror attacks. Before officials began casting doubt on the test run theory, FBI agents were chasing down leads in Detroit, Birmingham, Ala., and Memphis, Tenn., a law enforcement official said.

A U.S. official identified the men as Ahmed Mohamed Nasser al Soofi and Hezam al Murisi

TSA screeners discovered suspicious items in Al Soofi's bag, a cell phone taped to a Pepto-Bismol bottle, multiple cell phones and watches taped together, and a knife and box cutter, according to another U.S. official who had been briefed on the investigation.

None of the checked items violated U.S. security rules, so TSA allowed al Soofi to fly. (AP)

Calif. Doctor Is Found Dead Stuck in Chimney

Bakersfield, Calif.

Police say a California doctor apparently tried to get into the home of the man she had been dating by sliding down the chimney. Her decomposing body was found

there days later. Police Sgt. Mary DeGeare says investigators do not suspect foul play in the death of Dr. Jacquelyn Kotarac.

Authorities say the 49-year-old apparently climbed on the roof Wednesday night, removed

the chimney cap and slid feet first down the flue after unsuccessfully trying to get into the house other ways. DeGeare says the man whom Kotarac was pursuing had left the home unnoticed to avoid a confrontation. (AP)

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In Brief



ACHMAD IBRAHIM/AP

Indonesian villagers are checked by medical crews before returning home.

TANAH KARO, INDONESIA Villagers Return Home

Thousands of villagers returned to their homes along the ash-covered slopes of an Indonesian volcano that exploded after four centuries of dormancy, even though officials warned they could be putting their lives at risk. Some said they could no longer bear to stay in cramped emergency shelters. (AP)

COPENHAGEN, DENMARK Kurdish TV Station May Have Terror Group Links

A Kurdish-language TV station with a Danish broadcasting license has been charged with promoting a group linked to terrorism, Danish prosecutors said Tuesday. A top prosecutor said that Roj-TV is helping promote the PKK, or the Kurdistan Workers' Party, which is considered a terrorist group by Turkey, the U.S. and the European Union. (AP)

HAVANA Castro Expresses Regret For Persecution of Gays

Cuba on Tuesday released pictures of Fidel Castro with an American magazine correspondent and a Washington-based policy expert, while a Mexican newspaper published an interview in which the gray-bearded Castro expressed regret for past persecution of homosexuals. (AP)

MOSCOW EU: Rally Was Mishandled

Four European Union lawmakers joined a banned opposition rally in central Moscow on Tuesday and criticized Russian police for violently detaining an opposition leader and dozens of other protesters. (AP)

Afghan Officials Take Over Bank

Troubled financial institution was seen as threat to stability

Kabul

Afghanistan's Central Bank has taken control of Kabul Bank, a politically potent financial institution partly owned by President Hamid Karzai's brother, and ordered its chairman to hand over \$160 million worth of luxury villas and other property purchased in Dubai for connected insiders, according to Afghan bankers and officials.

The Central Bank's intervention aims to shore up Afghani-

stan's largest private bank, whose faltering finances threatened to wreak both economic and political havoc. Kabul Bank handles salary payments for Afghan soldiers, police and teachers, and has taken in more than \$1 billion in deposits from ordinary Afghans.

U.S. officials have long worried that trouble at Kabul Bank could trigger financial mayhem, a prospect that would leave Afghan security forces without pay, threaten unrest by angry depositors, and gravely undermine President Obama's entire Afghan strategy.

The decision to move on Kabul Bank was made by Karzai after evidence was presented to him

Political Protection



The Kabul Bank had previously been shielded by the political clout of its shareholders, who include

Mahmoud Karzai, who is President Hamid Karzai's brother, and Haseen Fahim, the brother of Vice President Mohammad Qasim Fahim, who is hospitalized for heart surgery in Germany, according to sources close to the situation. Kabul Bank also contributed to President Karzai's fraud-tainted re-election campaign last year. (TWP)

about the bank's illicit dealings by the Central Bank governor, Abdul Qadir Fitrat, at a meeting about a month ago. Top U.S. commander Gen. David Petraeus was present for the meeting, according to Kabul Bank insiders and said that Petraeus urged Karzai to take action.

Some Afghan businessmen said they considered Karzai's decision to confront Kabul Bank as his first significant move in the fight against corruption. In an effort to head off a possibly catastrophic financial meltdown, the Central Bank summoned Kabul Bank's top management to its Kabul offices on Monday and ordered them to resign. (THE WASHINGTON POST)



ALEXANDRE MENEGHINI/AP

Texas-born fugitive Edgar Valdez Villarreal, also known as "the Barbie," grins during a press presentation Tuesday in Mexico City.

Mexico Nabs Alleged Drug Lord

Mexico City

A Texas-born fugitive known as "the Barbie" grinned Tuesday as police paraded him in handcuffs and described his alleged life of luxury and savagery — cut short when he became the third suspected drug lord to fall in Mexico in the past 10 months in a coup for President Felipe Calderon's war on cartels.

Edgar Valdez Villarreal, is a former Texas high school football

player who allegedly jumped into the world of Mexican drug cartels and gradually rose through the ranks.

He who got his improbable nickname for his green eyes and fair complexion, is wanted in the U.S. for allegedly smuggling tons of cocaine. In Mexico, he is blamed for a brutal turf war that has included bodies hung from bridges, decapitations and shootouts as he and a rival fought for control of the divided Beltran Leyva cartel.

As he was displayed to reporters on Tuesday, he still wore the green polo shirt in which he was captured the day before. He shifted his weight and smiled often as police described his life.

Security forces had been closing in on Valdez for over a year. Their biggest breakthrough was the death of his boss, Arturo Beltran Leyva, in a December shootout with marines, Federal Police Commissioner Facundo Rosas said at the news conference. ALEXANDRA OLSON (AP)

Chile Mine Engineers' Tough Task

San Jose Mine, Chile

The effort to save 33 Chilean men trapped deep in a mine is an unprecedented challenge, mining safety experts said Tuesday. It means months of drilling, then a harrowing three-hour trip in a cage up a narrow hole carved through solid rock.

If all of that is successful, the freed men will emerge from the earth and "feel born again," said an American miner who was part of a group dramatically rescued in 2002 with similar techniques. But that rescue pulled men from a spot only one-tenth as deep.

First, engineers must use a 31-ton drill to create a "pilot" hole from the floor of the Atacama Desert down 2,200 feet. Then, the drill must be fitted with a larger bit to carve out a rescue chimney that will be about 26 inches wide.

Finally, the men must be brought up one at a time inside a specially built cage. (AP)

World

Israelis' Deaths Loom Over Talks

Hamas claims fatal shooting on eve of Washington summit

Jerusalem

A Palestinian gunman opened fire Tuesday on an Israeli vehicle in the West Bank and killed four passengers on the eve of a new round of Mideast peace talks in Washington. The Islamic militant group Hamas claims responsibility for the shooting.

Police spokesman Micky Rosenfeld said the gunman opened fire at a vehicle traveling near Hebron — a volatile city that has been a flash point of violence in the past. Some 500 ultranationalist Jewish settlers live in heavily fortified enclaves in the city amid more than 100,000 Palestinians.

Israel's national rescue service said the victims were two men and two women. It gave no further details. Israeli media reported that one of the women was pregnant and that the dead ranged in age from mid-20s to mid-40s. Everyone in the car was killed.

The attack occurred as Israeli Prime Minister Benjamin Netanyahu was en route to Washington

The Great Divide

Expectations are low and U.S. officials concede that success in Thursday's negotiations may be defined simply as an agreement to meet again. The goal is to formalize a peace agreement in a year's time that will lead to the creation of a Palestinian state. But with the two sides far apart on all the key issues, the going is expected to be slow and fraught with difficulties. (AP)

for a White House summit launching peace talks on Wednesday. Palestinian President Mahmoud Abbas was already in the U.S. capital meeting with U.S. Secretary of State Hillary Rodham Clinton.

Asked about the shooting, State Department spokesman P.J. Crowley said the U.S. is aware "there are those who will do whatever they can to disrupt or derail the process."

It was the deadliest Palestinian attack against Israelis since March 2008. "Israel will not allow terrorists to raise their heads and will exact a price from the murderers and those who send them," Israeli Defense Minister Ehud Barak said in a statement. MARK LAVIE (AP)

Deplorable Conditions in Pakistan



MOHAMMAD SAJJAD/AP

FLIES BLANKET PAKISTANI CHILDREN as they and their families fight to survive miserable living conditions in Nowshera, Pakistan. Floodwaters that have devastated Pakistan for five weeks headed to the Arabian Sea on Tuesday after swallowing two final towns, but the challenges of delivering emergency aid to 8 million people remained.

Greece Government to Unleash Tough Smoking Ban

Athens, Greece

Greece, which has been praised for its budget cutbacks and austerity program, is going after another vice: smoking.

Starting Wednesday, the Socialist government will impose a tough smoking ban that outlaws lighting up in enclosed public areas and prohibits tobacco advertising. Offenders will be fined up to \$12,750 and face swift prosecution.



PETROS GIANNAKOURIS/AP

Greece has banned smoking in public.

With the help of Harvard University's School of Public Health, the campaign will include an advertising blitz that hands out an anti-smoking board games to children.

In Greece, where chain smokers are still fairly common, lighting up was once regarded by many as a symbol of the national disregard for rules. But the government thinks it's now time to break the habit. (AP)

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The Great Debate for Fenty, Gray

With two weeks until Democratic primary, mayoral foes face off

Washington

The man who runs Washington is in danger of losing his job in a hotly contested election, but the post that's up for grabs isn't president. It's mayor.

The winner of the election will have to deal with the city's serious problems: high poverty rates, high unemployment and epidemic numbers of people with HIV or AIDS. And because Congress oversees the city there's always an extra layer of bureaucracy.

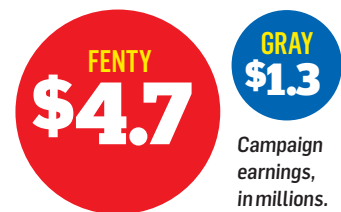
"The mayor of the District of Columbia is a governor, a county executive and a mayor all in one," said former Mayor Marion Barry, who ran the city from 1979 to 1991 and again from 1995 to 1999. "It's an excruciatingly difficult job ... A lot of the solutions to your problems are out of your control."

This year's contest has turned unusually nasty, with accusations flying between the two Democratic front-runners: Mayor Adrian Fenty, who is seeking a second four-year term, and Vincent Gray, chairman of the 13-member D.C. Council. Still, the main differences between the men seem to be personality and what they have to say about the city's schools.

The two will debate at the Newseum Wednesday at noon in an event being sponsored by The Washington Post, NBC4 and WAMU 88.5. It will also be carried on radio, television and online.



With early voting already under way, Gray still has not rolled out half of his campaign platform.



There's no Republican seeking the post in a city where three-quarters of voters are Democrats, so whoever wins the Sept. 14 Democratic primary has a virtual lock on the general election in November. Early voting began Monday. Three other Democrats are running, and the primary winner will also face a green party candidate.

Fenty, 39, a former councilman with a law degree from Howard University, snagged The Washington Post's endorsement and points to low crime rates during his time in office.

Gray, 67, ran an organization serving homeless youth before being elected to the council six years ago.

Gray touts his experience as council chairman and has benefited from an anti-Fenty sentiment.

An early August poll found the two men within 3 percentage points of each other, within the poll's margin of error.

But a more recent Washington Post poll showed Gray leading Fenty 49 percent to 36 percent among all Democratic voters.

The poll, published Sunday, showed Fenty is struggling to win support from black residents and is failing to excite his base enough for them to show up to the polls in large numbers.

Each candidate, meanwhile, accuses the other of cronyism. Gray says Fenty steered a parks contract to a friend; Fenty accuses Gray of improprieties with a contract for the city's lottery.

Gray supporters call Fenty arrogant, and Fenty promised in a recent television advertisement to be more inclusive.

(AP/THE WASHINGTON POST)



Fenty plans to reach out to undecided voters during the debate by talking about his experiences as a public schools student.

In Brief

LANDOVER, MD.

Police Look for Man Who Took Son at Gunpoint

Police in Prince George's County are searching for a man who took his one-



Bennett

year-old son from the child's mother at gunpoint Monday night in the Landover area, authorities said.

Cornell Antonio Bennett, 24, of Northeast D.C., is wanted on a first-degree assault warrant, said Officer Evan Baxter. Anyone with information on Bennett's whereabouts is asked to call the Crime Solvers at 1-866-411-TIPS. (TWP)

RICHMOND, VA.

McDonnell to Go Ahead With Immigration Plan

Gov. Bob McDonnell is moving ahead with a proposal that would allow Virginia State Police troopers to enforce immigration laws. On Monday, McDonnell rejected a request by the Virginia Alliance for Sensible Community Policing Efforts that his administration not pursue civil immigration law-enforcement powers. (AP)

WASHINGTON

4 Lion Cubs Born at Zoo

The National Zoo in Washington says four cubs have been born to one of its lions. The zoo said Tuesday that its 5-year-old lion Shera had given birth. They said they are monitoring the mother because additional cubs could still be born. The zoo said the four cubs have been mobile and appear to have been nursed. Keepers predict the new cubs will not be out in the yard until late fall. (AP)

DC Rider

TODAY'S QUESTION

Do you trust Metro's e-Alert system after some of its subscribers received spam e-mails?

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The Lotteries

Tuesday, Aug. 31

District

Mid-day Lucky Numbers	0-4-7
Evening Lucky Numbers (Mon.)	4-9-9
Mid-day DC 4	5-6-8-6
Evening DC 4 (Mon.)	0-6-5-7
Mid-day D.C. Five	8-2-2-5-0
Evening D.C. Five (Mon.)	1-5-6-5-0
Daily 6 (Mon.)	1-14-15-24-28-35 (29)

Virginia

Mid-day Pick 3	1-4-0
Evening Pick 3 (Mon.)	9-6-6
Mid-day Pick 4	1-1-7-0
Evening Pick 4 (Mon.)	9-2-0-5
Mid-day Cash 5 (Tues.)	3-6-9-24-28
Evening Cash 5 (Mon.)	6-11-13-16-20

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Maryland

Mid-day Pick 3	7-6-3
Evening Pick 3 (Mon.)	0-3-9
Mid-day Pick 4	0-8-0-3
Evening Pick 4 (Mon.)	8-7-9-3
Match 5 (Mon.)	1-6-23-31-32 (4)



37th Annual Virginia Scottish Games & Festival

Saturday & Sunday, Sept. 4-5, 2010 9am-6pm
Great Meadow, The Plains, VA



One Day Ticket	\$18
Two Day Ticket	\$25
Children (5-12) (FREE on Sunday)	\$ 5
Military & Seniors 65+ (\$5 off with ID at gate)	
Celtic Concert (Sat, 6-9pm, gates open 4pm)	\$10
On Site Parking	\$ 5

Come witness the power and pageantry that is the Virginia Scottish Games. Please visit our website for a complete schedule of events, ticket information, and directions to Great Meadow. Great Meadow is located just 35 miles west of the Beltway off I-66. There will be Celtic music throughout the weekend with a special Celtic Concert on Saturday Night from 6-9 pm featuring Glengarry Bhoys. Admission to the concert is part of a Saturday One Day ticket or can be purchased separately for \$10 after 4 pm.

Events include:

- Highland Athletic Competition
- Piping & Drumming Competition
- Highland Dancing Competition
- Sheepherding Demonstrations
- Scottish Fiddling
- Scottish Clans
- Living History Encampment
- British & Antique Car Show
- Children's Games
- Vendors & Crafters
- Scottish Food & Drink
- Music on the Main Stage



www.vascottishgames.org



The War



2003 March 20: U.S. and British troops invade Iraq after an air attack on Baghdad.

May: In front of a "Mission Accomplished" banner, President George W. Bush says major fighting in Iraq has ended.

Dec. 13: Saddam Hussein is captured.

2004 April: Photos published of U.S. soldiers abusing Iraqi prisoners at Abu Ghraib; U.S. troops attack Sunni insurgents in Fallujah.

2005 Oct. 15: Constitution OK'd in referendum.

Dec. 15: Elections for a permanent government.

2006 April-May: Shiite Nouri al-Maliki is named prime minister and forms a unity government with Sunnis and Kurds.

June 8: The leader of al-Qaeda in Iraq is killed in an airstrike.



Dec. 30: Saddam Hussein is hanged at an Iraqi army base in Baghdad after being found guilty of crimes against humanity.

2007 Jan. 10: Bush announces a new combat troop buildup, known as the "surge."

Sept. 16: Blackwater private security guards open fire in a Baghdad square, killing 17 Iraqis.

2009 January: Iraq's military takes control of operations.

2010 August: Last U.S. combat brigades are pulled out of Iraq, leaving a training force of approximately 50,000.



TIM SLOAN/AP/PIGETTY IMAGES

President Obama tours Fort Bliss, Texas, Tuesday before giving his address to the nation. He said in his speech that ending the Iraq war is not only in the U.S.' interest, but also in Iraq's.

A Defining Moment

Knowing more work lies ahead, Obama declares Iraq combat over

Washington

Closing a divisive chapter of American history, President Obama marked the end of the nation's combat mission in Iraq on Tuesday without declaring victory, winding down the U.S. role in a war he considered a terrible mistake.

Obama's defiant pledge to end the war helped catapult him into office. Now as commander in chief, he is intent on assuring the nation and the stretched military that all the work and bloodshed in Iraq was not in vain, declaring that because of it "America is more secure."

Though the U.S. commitment in Iraq is winding down, as many up to 50,000 troops will stay as long as the end of next year to help train the country's forces and operate counterterrorism missions. And Obama is sending more troops to Afghanistan, the home base of the Sept. 11, 2001, al-Qaeda terrorists, where Americans have been fighting for nearly nine years.

"It is going to be a tough slog,"

"Through this remarkable chapter in the history of the United States and Iraq, we have met our responsibility. Now, it is time to turn the page."

— PRESIDENT OBAMA, IN PREPARED REMARKS RELEASED BEFORE HIS SPEECH TUESDAY NIGHT. HE ADDED THE U.S. PAID A "HUGE PRICE" TO RESTORE IRAQ TO SOVEREIGNTY.

Obama said in remarks Tuesday to soldiers at Fort Bliss, Texas, a post that has lost 51 soldiers in the Iraq war. "But what I know is that after 9/11, this country was unified in saying we are not going to let something like that happen again." Defense Secretary Robert Gates said success in Afghanistan was possible but "is not inevitable."

"It's not going to be a victory lap," Obama said at Fort Bliss. "It's not going to be self-congratulatory. There's still a lot of work that we've got to do to make sure that Iraq is an effective partner with us."

In fact, Iraq is in political turmoil,

its leaders unable to form a new government long after March elections that left no clear winner. In Baghdad on Tuesday, Vice President Joe Biden pressed Iraqi leaders anew to break the impasse. The uncertainty has left an opening for insurgents to pound Iraqi security forces, hardly the conditions the U.S. envisioned for this transition deadline, which Obama announced 18 months ago.

Since the war began, more than 4,400 U.S. troops have been killed and almost 32,000 have been wounded. The war is one of the longest in the nation's history, even as the one in Afghanistan continues.

Obama's big day was defined by what it was — a turning point, a promise kept — and by what it was not. It is not the end of the war. More U.S. troops are likely to die.

In a telling sign of the domestic troubles weighing on his own nation, Obama reserved part of a war address to campaign for his efforts to revitalize the U.S. economy. On a night focused on his role as commander in chief, he said his "central responsibility as president" was to get people back to work. "Our most urgent task is to restore our economy," Obama said.

The Iraq war linked Obama and President George W. Bush before the Democrat won the White House, and has ever since. Obama never ran against Bush, but his 2008 campaign against Republican Sen. John McCain often felt that way.

Fittingly, Obama called Bush about Iraq on Tuesday, more than seven years after the former president declared that major combat operations were over. The White House said the call was private and would not say more. **BEN FELLER (AP)**

In Brief



Jelena Jakovic fended off a tough challenge in the first round of the U.S. Open.

TENNIS
Jankovic, Kuznetsova
Avoid Upsets at Open

Jelena Jankovic needed a comeback to hold off an 18-year-old and Svetlana Kuznetsova had to go three sets to edge out an opponent nearing 40. Both did their job to avoid upsets Tuesday in the sweltering first round of the U.S. Open. The fourth-seeded Jankovic, a finalist at Flushing Meadows in 2008, overcame a late break in the third set to defeat Simona Halep of Romania 4-6, 6-4, 7-5. Earlier, 11th-seeded Kuznetsova defeated 39-year-old Kimiko Date Krumm of Japan 6-2, 4-6, 6-1. (AP)

COLLEGE FOOTBALL
Ingram to Miss Opener

Mark Ingram's run for a second Heisman Trophy has been put on hold, and possibly even derailed, before the Alabama tailback had a chance to gain a single yard. Ingram will miss No. 1 Alabama's opener against San Jose State after injuring his left knee late in practice Monday, coach Nick Saban said Tuesday. Saban said the star tailback had an arthroscopic procedure and should make a full recovery in a "relatively short time." (AP)

PRO FOOTBALL
Dolphins Hunt for Earring

Several Miami Dolphins crawled across the field after practice Tuesday looking for a diamond earring. Defensive end Kendall Langford said he forgot to take his earrings out before practice and lost one during drills. He said the diamond was nearly 2.5 carats, which is why he spent an hour after practice scanning the grass. A team meeting forced him to call off the search temporarily. (AP)

Nats Get a Painful Reminder

Strasburg's injury reinforces the frailty of pitchers' arms

The Nationals

Stephen Strasburg's hell came swiftly. As he finished his delivery, selling the deception on a fifth-inning changeup, the pain arrived, intolerable for a moment, then disappeared. But the damage was done.

For Jordan Zimmermann, the pain built slowly over weeks, growing until each pitch hurt. The morning after a start, he couldn't straighten his arm. Eventually, he gave in.

Strasburg, just beginning his yearlong path toward Tommy John surgery and recovery, and Zimmermann, just back from his, have been touted as the future No. 1 and 2 starters in the Nationals' rotation. But until that suddenly distant day arrives, they stand as poster boys for the bewildering frailty of a pitching arm. Championship teams are built on their strength, but seasons collapse when they go limp.

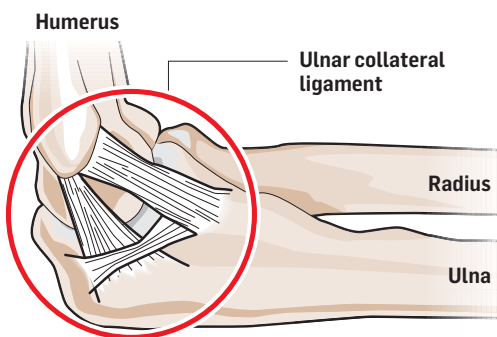
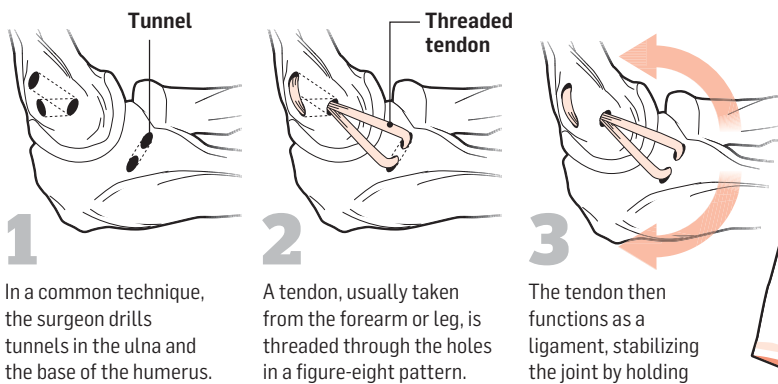
"It's frustrating, because this happens to people you think it shouldn't happen to," General Manager Mike Rizzo said. "This player was developed and cared for the correct way. Things like this happen. Pitchers break down. Pitchers get hurt."

In their six seasons in D.C., the Nationals have grown begrudgingly familiar with that fact. They've seen would-be aces John Patterson and Shawn Hill and All-Star closer Chad Cordero succumb to unmanageable injuries. This season, starting pitchers Jason Marquis, John Lannan, Scott Olsen, Luis Atilano, Garrett Mock and J.D. Martin missed time with arm and shoulder injuries.

Few pitchers can match the sturdiness of the Nationals' Livan Hernandez, who in 15 major-league seasons has yet to

How Tommy John Surgery Works

When the stress of pitching tears an ulnar collateral ligament, Tommy John surgery is often the answer. It stabilizes the inner side of the elbow with tissue from elsewhere in the body.



Affected area

The result

A 2007 Penn study found that 56 of 68 major-leaguers had no significant change in ERA, walks or hits per inning pitched after this type of surgery. The average recovery time was 18½ months.



SOURCE: Baseball Prospectus, American Journal of Sports Medicine BONNIE BERKOWITZ AND ALBERTO CUADRA / THE WASHINGTON POST

Stars Under the Knife

Nine pitchers who underwent Tommy John surgery were selected for the 2010 All-Star Game: Chris Carpenter, Tim Hudson (top right), Josh Johnson, Arthur Rhodes, Brian Wilson, Joakim Soria, Hong-Chih Kuo, Rafael Soriano (bottom left) and Billy Wagner. Potential National League rookie of the Jamie Garcia (bottom right) also had the operation. (TWP)



spend a day on the disabled list.

For Strasburg, while his injury is serious and the recovery long, the prognosis is good. Most come back from the procedure as good as or better than they were before the injury. Still the fickle throwing arm remains a source of disillusionment, with news of its failure capable of leaving even the toughest athletes at a loss.

"It didn't take a matter of minutes. It took, definitely, a few hours," Strasburg said when asked when he made peace with his diagnosis. "The big thing, the bottom line, this is a game.

I'm very blessed to play this game for a living. This is a minor setback, but in the grand scheme of things it's just a blip on the radar screen." DEREK TURNER

Silverware Within United's Reach

U.S. Open Cup gives the beleaguered club a chance at a trophy

Soccer

A glance at the Major League Soccer standings might indicate that D.C. United's season — at least the competitive portion — is already over. At 4-14-3 with nine games remaining, D.C. would need the Hubble Space Telescope to see the playoff picture, and there's already more interest in next season than next weekend.

Soccer, however, doesn't limit clubs to just a single competition, and while one door has slammed shut on United, another remains open. Certainly international tournaments like the Champions League get the most attention, but domestic cup competitions command an important place on the calendar as well.

England's FA Cup was launched in 1871 and the format spread throughout Europe, where teams traditionally were restricted to playing competitive games with-



D.C. United's Andy Najar, a rookie, has been a bright spot during a tough MLS season.

in their own league tier. Cup tournaments threw every club, regardless of level, into the same hat, and the single-elimination format often produces famous upsets.

About a half century later, the

U.S. followed suit with its own tournament: the U.S. Open Cup, which has given D.C. something to play for. Thanks to four consecutive wins in this year's Cup, United has advanced to Wednesday's

Backstory

U.S. Soccer began staging the U.S. Open Cup back in 1914, and it remained an amateur competition until MLS kicked off in 1996. Since then, the Cup has given minor league and neighborhood sides the chance to compete against America's best, while offering a realistic crack at a second trophy to MLS clubs. (B.S.)

semifinal against the Columbus Crew at RFK Stadium. Despite an awful season, D.C. is just two wins away from a major title.

"It has been a tough year. We have all struggled," interim coach Ben Olsen said. "It's not been fun, and here is a chance to get into a final and raise a trophy, something that this club has always prided itself on. So it's huge. This is the biggest game we have had this season."

United won the Cup in 1996 and 2008 and lost in last year's final to Seattle. The Sounders will play Chivas USA in the other semi, with the final scheduled for early October. **BRIAN STRAUS**

TV Lineup

NATIONALS (7:10, MASN2) The Nats enter the last month of the year with a game against the Marlins.

BASKETBALL (NOON, ESPN) The U.S. men's national team plays Iran in the World Championships in Istanbul, Turkey.

TENNIS (1 P.M., 7 P.M., ESPN2) The men's and women's second round of the U.S. Open in New York.

BASEBALL (2:10 P.M., WGN; 7 P.M., ESPN) The Cubs host the Pirates and the Yankees take on the A's.

Redskins Shut Down Injured Kelly for the Season

The Redskins

The Washington Redskins placed Malcolm Kelly on injured reserve Tuesday, robbing the team of a big target receiver because of an ailing hamstring that wasn't to heal anytime soon.

There was better news regarding Donovan McNabb and Clinton Portis. Portis practiced for the first time since spraining his right ankle last week against the New York Jets. McNabb was still sidelined but was no longer wearing a com-



Redskins WR Malcolm Kelly eludes Chargers CB Dante Hughes on Jan. 3.

pression stocking over his sprained left ankle, and offensive coordinator Kyle Shanahan was optimistic that the quarterback would practice next week.

"I expect him to," Shanahan said.

Kelly first pulled his left hamstring working out with McNabb in Arizona the week before training camp began. Kelly took part in the first practice of camp, but he felt the hamstring tighten up the next day and pulled it again a few days later. (AP)



HAIR CARE

Troy Polamalu's hair is more than just a soft, silky handle by which to bring him down (and help him up) on a football field. It's real and it's spectacular. It's also now a magnificent, million-dollar mane. Lloyds of London has written a policy on the Pittsburgh Steelers safety's locks. There's a serious reason for Polamalu's 'do: He has not cut it since 2000 and wears it as a tribute to his Samoan ancestors. (TWP)



Bob Bradley received a four-year deal that extends his stay through 2014.

U.S.' Bradley Gets a Shot To Improve

Soccer

Bob Bradley led the U.S. men to an upset of World Cup champion Spain, their first appearance in a final at a major FIFA tournament and the top spot in their group in South Africa. Now he has to find a way to improve on that.

Bradley's success and experience convinced U.S. Soccer president Sunil Gulati that he already had the right coach, outweighing any concerns about the team going stale or taking a step backward in a second four-year cycle with the same manager.

"We're familiar with the statistics of first- and second-cycle coaches," Gulati said Tuesday, a day after Bradley agreed to an extension that runs through the end of 2014. "In the end, we came to the conclusion that his experience and record, his work over the last four years, overcame any issues."

"We think we put ourselves in the best possible position to continue the growth we've had by reappointing Bob."

Still, Bradley's extension came as something of a surprise. He has made no secret of his desire to coach overseas someday — he was linked to the openings in the English Premier League — and many thought U.S. Soccer might want a fresh start in the lead-up to the 2014 World Cup. **NANCY ARMOUR (AP)**

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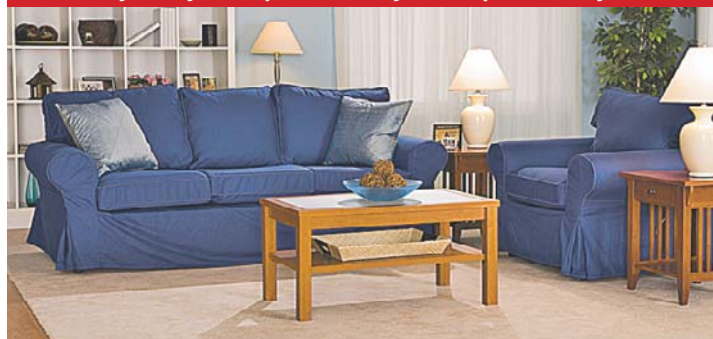
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Lindsay Lohan tells
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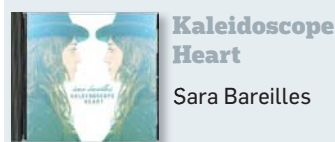
Geek Philosophy

Life After 'Love Song'

Sara Bareilles lets her sassy attitude shine through in her sophomore album

Personalities

Sara Bareilles is a very nice woman who broke through to mainstream by writing songs that sweetly tell people to buzz off. Don't be fooled by the video for "King of Anything," the lead single off her sophomore album, "Kaleidoscope Heart," due Sept. 7. Sure, that's Bareilles, 31, wandering through a park in a gauzy tutu; she's already attracted upwards of



1 million views on Vevo. But much like the monster success of "Love Song," "King of Anything" is an anthem to assertiveness.

"It was the last song I wrote before we went into the studio, and I was at the point where I started sharing the music with my inner circle and started getting feedback," she says. "I remember having a very vivid realization of, 'Oh, I forgot that this was a part of it. Everybody gets to tell you what they think about what you do.'"

"Love Song," released in 2007, sold 3.2 million digital downloads, earned two Grammy nominations and bolstered sales of "Little Voice" to 985,000, according to Nielsen SoundScan.

Publicity

Interview-Ready

Sara Bareilles is making the rounds on live TV this month, with appearances on "The Tonight Show With Jay Leno" (Sept. 3), "Today" (Sept. 7 and 8), and "The Late Late Show With Craig Ferguson" (Sept. 21). The TV circuit is an awkward but necessary part of the promotional whirl, Bareilles says: "It's a lot of hurry up and wait, but that's just TV in general." (BILLBOARD.COM)

Coming off the success of "Love Song" was daunting for Bareilles, who says that she took procrastination to an art form while writing "Kaleidoscope Heart."

"I am the tortoise of the 'Tortoise and the Hare' story," she says. "It definitely takes me a little while to process things and make decisions about what I like and what I don't like."

But everything clicked once she sat down with producer Neal Avron, who has previously worked with Fall Out Boy, Linkin Park and Weezer. "I looked at his discography, and I was like, 'Fall Out Boy? I don't see how I fit into this at all,'" she says. "But ... it felt like a good fit."

For Bareilles, "Kaleidoscope Heart" is another album where the personal becomes public — but this time around, she's prepared. "I'm just like, 'Oh, I've been here before, so now let's just see how today can be a great day.'"

ANN DONAHUE (BILLBOARD.COM)

"I am the tortoise of the 'Tortoise and the Hare' story. It definitely takes me a little while to process things and make decisions about what I like and what I don't like."

JIM COOPER/AP

Write On!

Let's face it: Taking notes is a pain. You can't write fast enough to keep up, really (or decipher your handwriting later). Typing on a laptop isn't much better, plus you have to lug the computer around. There's always audio recorders, but do you really want to surf the whole file to find the

parts of the conversation you missed?

There is one new gadget called the Echo Smartpen from a company named Livescribe that aims to take the hassle out of notetaking. The hefty

price — \$200 for the top-of-the-line model — obviously will keep it out of most hands. But its inventor, who also designed some of the Leapfrog educational toys for kids, plans to get the price down to \$49 eventually.

You use the Echo by actually writing on special paper (which costs extra). As you scribble, the pen stores a digital copy of your writing and an audio recording of the conversation. By later touching the Echo on a section of your paper notes, the smartpen automatically jumps to the matching part of the voice recording. The Echo can upload both the writing and the recording to your computer.

It may not be not cheap, but this is a pen worth taking note of.

@ Comments? Give Kenneth your feedback: expressnightout.com/geek



Holy Depiction: The first Bollywood movie about the childhood of Jesus will be shot in the Holy Land in the coming months, Indian filmmakers said Tuesday. Director Singeetham Srinivasa Rao said his production will be narrated in four languages and feature an all-Indian cast of child actors. Producer Konda Krishnam Raju said the film focuses on the childhood of Jesus, a contrast with other Bollywood movies that depict his later years. (AP)



1 Four's Company
We can't believe that this is the D.C. premiere of "Dinner With Friends" — the play won the Pulitzer 10 years ago, people! TEN YEARS! — but finally, area audiences can get a look at Donald Margulies' play about what happens to one couple when their best friends' marriage dissolves. **Olney Theatre Center, 2001 Olney-Sandy Spring Rd., Olney; through Aug. 22; 301-924-3400, Olneytheatre.org.**

2 What's All The Buzz?
Before tonight's performance of "In the Next Room, or 'The Vibrator Play,'" drop in for a panel discussion (with gelato!) about technology and sexuality. One of the panelists is Amanda Hess, who until recently wrote the column The Sexist for the Washington City Paper. **Woolly Mammoth, 641 D St. NW; 6:30 p.m. free; 202-393-3939, Woollymammoth.net. (Gallery Place)**



3 Southern Belles
To conclude the Atlas Performing Arts Center's "Gay 101" summer film series, they are screening "Steel Magnolias," a movie that doesn't appear to have any gay people in it at all, but that DOES have Dolly Parton and a cast of famous women doing their best Southern drawls and teaching us all about the beauty of female friendship. One love, people. **Atlas Arts Center, 1333 H St. NE; Thu., 8 p.m., \$6; 202-399-7993, Atlasarts.org.**

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In Step With the Stars

Bristol Palin joins an intriguing cast of characters on this fall's 'Dancing' show

Television

Bristol Palin is getting into the family business by becoming one of the celebrity hoofers on the cast of ABC's "Dancing With the Stars," this fall.

The teenager joins mom Sarah, who has a reality series on TLC debuting in November, and Bristol's baby-daddy Levi Johnston, who is shopping around a reality series in which he runs for mayor of Wasilla, Alaska.

Bristol is going to dance circles around Mom and Levi in the ratings: "Dancing" (which starts Sept. 20) has recently become an "American Idol"-esque ratings behemoth, thanks to some very savvy casting.

ABC made the "Dancing" Season 11 cast announcement Monday night during two interludes in a two-hour episode of "Bachelor Pad," in which a bevy of hot men and women make a mockery of the abstinence that Bristol is all about these days, in order to win a \$250,000 purse.

Bristol has committed to weeks



Quick! How many of these new "Dancing With the Stars" contestants can you name?

Goals**A Model Mom?**

Bristol Palin was upbeat about handling the demands of both motherhood and the show.

"I'm not the first mom to participate on 'Dancing with the Stars' ... and like those who came before me, I want to set a good example for all of the amazing moms out there," she told RadarOnline.com. "Yes, we can balance work and family." (EXPRESS)

of wearing sparkly outfits to compete for the disco-ball trophy against pop singer Brandy; "Dirty Dancing's" all-grown-up Baby, Jennifer Grey; "Drop Dead Diva" super-assistant Margaret Cho; The Dumb One from "The Hills" Audrina Patridge; "Brady Bunch's" made-for-TV mom Florence Henderson; crooner Michael Bolton; "Jersey Shore's" Mike "The Situation" Sorrentino; faded "Baywatch" hunk David Hasselhoff; retired NFL quarterback Kurt Warner; "That's So Raven" kid brother Kyle Massey; and ex-NBA player (and former Mr. Vanessa Williams) Rick Fox.

LISA DE MORAES (THE WASHINGTON POST)

Mixed Media

'MACGRUBER' (R, 99 MIN.)

Accidentally Unappealing

"Saturday Night Live" cast member Will Forte brings his crime-fighting character, MacGruber, to the silver screen. After the villainous Dieter blew up MacGruber's wife on their wedding day, Dieter is in possession of a nuclear warhead. In pursuit of revenge, MacGruber goes after Dieter. The whole package is often lamentably unsubtle.

DVD extras: Commentary with Will Forte, director/co-writer Jorma Taccone and co-writer John Solomon, deleted scenes and a gag reel.



'SOLITARY MAN' (R, 90 MIN.)

A Portrait Of Loneliness

By the end of the film, Ben Kalmen, played by Michael Douglas, has isolated himself from nearly everyone who meant anything to him. His girlfriend (Mary-Louise Parker) dumps him for sleeping with her daughter. His own daughter Susan (Jenna Fischer) cuts him off. This isn't actually a film about Ben, but about relationships.

DVD extras: Commentary featuring writer/directors David Levien and Brian Koppelman; deleted and extended scenes and a making-of featurette. (THE WASHINGTON POST)



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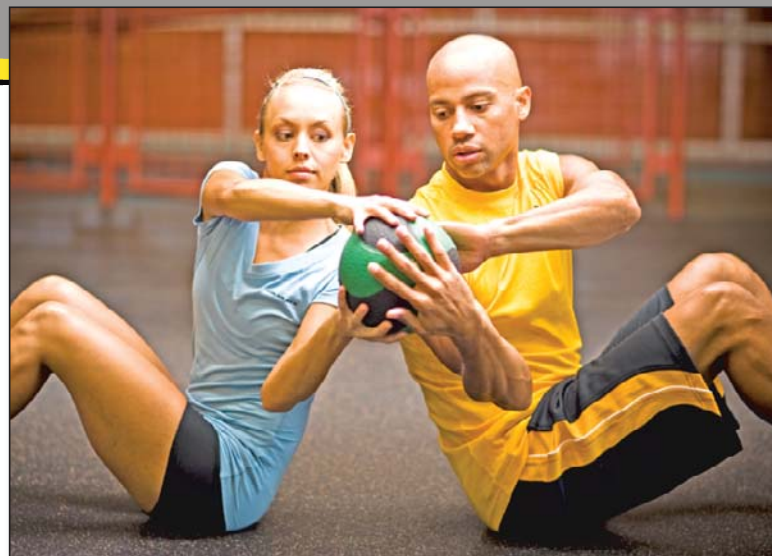
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*Total cash prize awarded to the winning pair is \$2,000. One 1 year membership will be awarded to each contestant of the winning pair. One contestant will win a 4 day/3 night trip to Cancun, Mexico inclusive of guest room, all food and beverage, taxes and \$1,000 will be provided for flight. Limitations may apply. Trip cannot be redeemable for cash. No purchase necessary. Contest is sponsored by Gold's Gym International, Inc. & Express Publications, LLC. Contest is open only to legal residents of the District of Columbia, Maryland & Virginia who are 18 years of age or older at the time of entry. Void where prohibited by law. Entry period begins on 08/30/2010 at 12:01 am Eastern Time ("ET") & ends on 09/16/2010 at 11:59 pm Eastern Time ("ET") ("Entry Period"). To enter for a chance to compete in the challenge, complete the form on the contest entry page at www.expressnightout.com/getfit or send a 3.5" x 5" postcard with the required information (including a recent (taken within the last 60 days) photograph) from the contest entry page to: 2010 Gold's Gym Challenge; Express Marketing Dept., 1150 15th Street, NW, 7th floor, Washington, DC 20071. Limit 1 entry per pair. Entrants will also be entered for a chance to win a one-year Gold's Gym membership. Contest participants will be chosen as explained in official rules. Winner of one - year membership will be selected by random drawing (ARV \$600). Entry period for one year membership sweepstakes is 08/30/2010 at 12:01 am Eastern Time ("ET") & ends on 10/08/2010 at 11:59 pm Eastern Time ("ET") ("Entry Period"). Odds of winning will depend on the total number of eligible entries received for contest and one year membership sweepstakes. Contest and sweepstakes is subject to Official Rules; for a copy of Official Rules visit www.expressnightout.com/contests.

TV tonight **lookout**

Best Bets

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CMA Music Festival: Country's Night to Rock

Highlights of the annual event in Nashville, Tenn., are scheduled to include performers Trace Adkins, right, Jason Aldean, Billy Currington, Alan Jackson, Lady Antebellum, Miran-



DSC
9:00



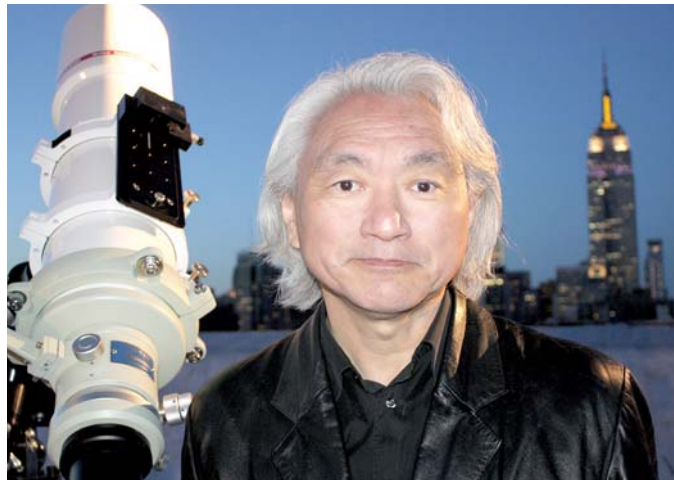
Man vs. Wild Bear Grylls must use his wits to survive after driving a snowmobile out the back of a hovering helicopter in the snow-capped Caucasus Mountains of the Georgian Republic, then uses an old cableway to zip-line across a raging river where he sets up camp.

BRAVO
10:00

Top Chef The chefs must come up with tasty food for astronauts on space missions. Apollo astronaut Buzz Aldrin makes a guest appearance, along with guest judges Anthony Bourdain and Food & Wine magazine editor-in-chief Dana Cowin.

HIST
10:00

Chasing Mummies In an effort to debunk the urban legend that there are underground chambers leading to the Sphinx, Zahi treks to the mysterious caves below the Giza Plateau. (TRIBUNE MEDIA)



CAROLINE HARVEY

Galactic Sprawl

SCI FI SCIENCE:
PHYSICS OF THE
IMPOSSIBLE

SCIENCE
10:00

Is there life on Mars? Can we create an alternative planet for human life if and when Earth becomes uninhabitable? Cosmic questions like these are the subject of "Sci Fi Science: Physics of the Impossible." Host Michio Kaku, above, a physicist, author and radio personality, takes viewers through various scenarios for off-plan colonization and evaluates each plan.

KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Competition



Ivory League

"A Surprise in Texas: The Thirteenth Van Cliburn International Piano Competition" (9:30 p.m. on PBS) is just like "American Idol" for classical music. Except there's no singing. So ... maybe not so much like "American Idol" after all. But this highly respected competition, which has a long history of nurturing young artists' careers, spotlights 29 of the best pianists in the world. It includes backstage views of the grueling three-week competition. (TRIBUNE MEDIA)

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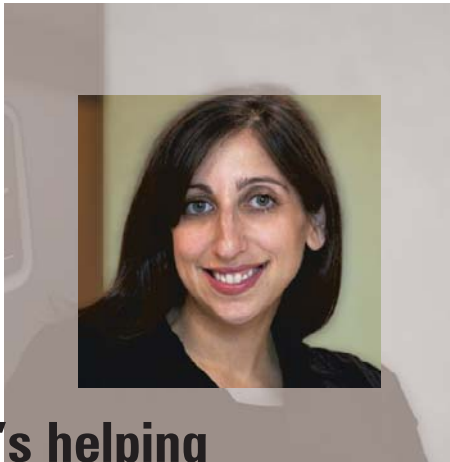


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lookout travel



The Oasis Shop outside the park's entrance rents boards for about \$20 a day so you can slide down the dunes like a snowboarder.

Get Sand in Your Shoes

Colo.'s dunes offer
camping, hiking and
yes, sandboarding

Mosca, Colo.

Driving up to Great Sand Dunes National Park and Preserve, the view seems almost silly: Across from shallow creeks at the base of the 14,000-foot Sangre de Cristo Mountains sit the largest sand piles in North America, kept in place by wind and water.

Melting snow, mountain creeks and storms regularly flush sand down the western side of the mountains, and southwesterly winds push the sand back on itself. It's a cycle that has created dunes up to 750 feet high, with sweeping views of mountains and sky.

Camping overnight at the park allows for unique views in moonlight, sunrise and sunset, but it's



Plan Ahead

The Great Sand Dunes National Park and Preserve is located near Mosca, Colo., about 240 miles southwest of Denver and 185 miles north of Santa Fe, N.M. The park is open daily year-round and admission is \$3 for ages 16 and older. Children are free. Go to Nps.gov/grsa to learn more.

also possible to squeeze in a day trip from Denver or Santa Fe, N.M.

A water bottle or two, some sunscreen and a little planning is all you need for a hike up the sand. But first some tips.

Park officials aren't kidding when they say the high-altitude dunes get piping hot in summer, even though temperatures usually don't get much above the mid-80s. The sand can reach 140 degrees, so it's best to hike it in sneakers or closed shoes, either early in the morning or in the evening.

Sandals and flip-flops do come in handy for one thing though: In spring and early summer, melting mountain snow replenishes Medano and Sand creeks, which snake around the dunes. It's refreshing to wade barefoot or in sandals in the water before and after a hike.

The park has alpine and forest trails, but one of the simpler sand hikes is up High Dune. Fill up water bottles at the visitors center and head to the next parking lot. Plan on about 90 minutes to get to the top of High Dune, with breaks for photos and to catch your breath.

CATHERINE TSAI (AP)

VOCABULARY

The next time you get your boarding pass, check out the single letter fare basis code. It's how airlines differentiate whether you're eligible for frequent-flier miles, an upgrade or how agents rank you on a standby list. "J" and "C" usually indicate business class. "F" and "P" denote first class or premium, and "Y" class is a widespread denotation for the highest class in coach. The better code you have, the better your chance of not getting bumped. (AP)





CHRISTY TERRY

What made you decide to go on "Dragon's Den"?

It was an inspired action. I don't watch TV because music is my love, but I wrote a song about my sauces and sang it at an exhibition. A producer contacted me and asked me to go on the show. My children said I couldn't slay the dragons as a Rastaman, so I did it to prove them wrong.

How'd you learn how to cook Caribbean food?

I was brought up in Jamaica, and my parents left in the 1960s to go to the U.K. They would send for one of their children every year, and as the youngest I was the last to leave, so I stayed with my grandmother until I was 12. She taught us to cook. I picked up everything: the stories, the food. It stuck with me.

So did you bring your Jamaican traditions to the U.K.?

Yes, winters were bad in the U.K. I felt like I was uprooted, so food helped me overcome the culture shock.

What's so great about Caribbean cuisine?

We have the greatest fusion food in the world: Spanish, French, English, Italian — there's a bit of everything. But all the islands are unique, and use spices differently. For example, in Jamaica, ackee is a national fruit, and salt-fish and ackee is the national dish. But in Barbados, they use ackee to feed the pigs! In Jamaica, we eat jerk chicken while Cuba eats jerk pork. All the islands have their own identity.

What's the most common misconception about Caribbean food?

People always think it's a sweet

Recipe File

GRIDDLED EGGPLANT

Ingredients

- ▶ **3 yellow peppers, deseeded and finely diced**
- ▶ **3 sticks of celery, finely diced**
- ▶ **4.5 oz., butternut squash, peeled, deseeded and finely diced**
- ▶ **3 garlic cloves, finely chopped**
- ▶ **2 large eggplants, cut into 1-inch rounds**
- ▶ **1 1/2 hot red chili (ideally Scotch bonnet), deseeded and finely chopped, to taste**
- ▶ **3 TBS tomato purée**
- ▶ **3 TBS tamarind paste**
- ▶ **2 TBS demerara sugar, to taste**
- ▶ **2 TBS flat-leaf parsley leaves, to garnish**
- ▶ **5 TBS olive oil, plus 2 TBS to brush on eggplants**

Serves 4

Preheat the oven to 350°F.

Heat the oil in a large saucepan and add the peppers, celery, butternut squash and garlic, cooking until



CHRISTY TERRY

almost soft (about 10 minutes). Meanwhile, brush the eggplants with oil and fry very quickly in another pan, on both sides, to brown (this looks great done on a ridged griddle).

Add the chili tomato puree, tamarind and sugar (go carefully with the sugar) to the softening diced vegetables along with 4 or 5 tbs. water; cook for another 5 minutes. Taste, and add more sugar or tamarind if necessary for a sweet and sour balance.

Put the eggplants in an ovenproof dish. Top with dollops of the sauce and cover. Cook in the oven for 20 to 25 minutes, or until the eggplant is tender. Serve garnished with parsley.

"CARIBBEAN FOOD MADE EASY"

food. People think of fruits, puddings and sweets. If you have the sunshine kit (see below), a typical dish can have only one or two ingredients and have a variety of tastes, not just sweet flavors.

What's an easy island dish?

Fish is something that's easy and an everyday part of life in the Caribbean. It's healthy and simple. Spicy mackerel with green bananas is an easy dish.

What's your favorite recipe in the book?

Pineapple, avocado, orange and mint salad with ginger dressing. It's simple, healthy and delicious.

Your sauce is famous in Britain. Why is it special?

When you crack open a bottle of Reggae Reggae Sauce, it makes you happy. It reflects the fun side of cooking and eating with friends and having a good laugh.

The Caribbean Pantry: The islands have always been known for their spices. But which ones should you keep in your kitchen? "I call it my Caribbean sunshine kit," says Levi Roots. "It's six or seven key ingredients, and if you have them you will always be able to bring sunshine into your kitchen." **Scotch bonnet peppers:** These very hot chilis add heat and taste. **Allspice:** Made from pimento seeds, this blend stars in smoked meats. **Bay**

leaves: Roots recommends using dried leaves, which, when cooked, impart a rich, earthy flavor. Plop them in sauces and stews. **Ginger:** Jamaicans drink ginger beer and tea, and bake the spice into cakes. **Thyme:** Fresh or dried, it blends well with all the other spices Roots recommends. In his new book, Roots puts it in Golden Pumpkin Rice or Caribbean Curry Sauce. **Garlic:** Roots recommends trying different varieties, like green garlic. **K.B.**



TROPIC WONDER

Jamaica-born chef Levi Roots achieved the American dream — in Britain. After appearing on BBC venture capitalist reality show "Dragons' Den" (think "The Apprentice" with an English accent), he ignited a tropical food revolution and a craving for his Reggae Reggae Sauce (\$4.75 a bottle, Curiosityshoptea.com) in the U.K. His latest book, "Caribbean Food Made Easy" (\$25, Mitchell Beazley), just came out in the U.S. You can also catch his show by the same name Saturdays at 1 p.m. on the Cooking Channel. We grilled him on island cuisine. KATHERINE BOYLE (EXPRESS)

Poll Center

Today's Question

DO YOU THINK THINGS ARE BETTER IN IRAQ AFTER SEVEN YEARS OF WAR?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Tuesday's Results

DOES CONGRESS SPEND TOO MUCH TIME INVESTIGATING SPORTS SCANDALS?



“Not at all. There are too many frauds being committed by sports figures, and Congress has to do it because that industry will not do it on its own.”

COMMENTER GARRETT IRBY

“Why are they spending any time investigating sports scandals?”

COMMENTER NOT A FAN

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM

“It’s always fun when artists first try out new material in front of a live audience. Two things can happen: 1) There’s polite applause at the end of the song and then someone yells out, ‘FREEBIRD!!!!’ 2) People go nuts over it because they long for anything new from the artist.”

— THEFRONTLOADER.COM WAS IMPRESSED BY LADY GAGA’S NEW SONG “LIVING ON THE RADIO,” WHICH SHE DEBUTED MONDAY IN ST. PAUL, MINN.



Blog Log

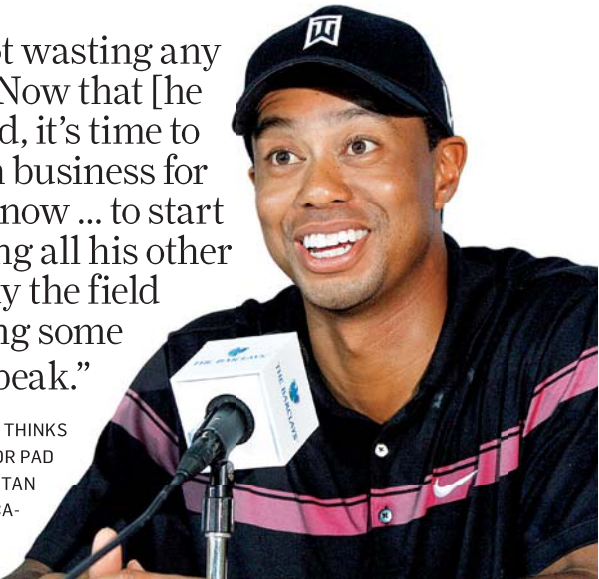


“WHILE IT’S PROBABLY too much to ask when a woman faces execution for the ‘crime’ of adultery (a crime for which she already received 99 lashes), will we ever see a day when the word ‘prostitute’ is no longer an insult?”

— JEZEBEL.COM REACTS TO NEWS THAT THE IRANIAN PRESS ARE CALLING FRENCH FIRST LADY CARLA BRUNI A PROSTITUTE AFTER SHE SPOKE OUT AGAINST IRAN’S PLAN TO STONE A WOMAN TO DEATH.

“He’s not wasting any time is he? Now that [he is] divorced, it’s time to get on with business for him. You know ... to start pursuing all his other interests. Play the field while playing some golf, so to speak.”

— THEFABLIFE.COM THINKS WOODS’ NEW BACHELOR PAD IN DOWNTOWN MANHATTAN IS A PRETTY GOOD INDICATOR OF HIS NEW LIFE-STYLE.



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puzzles lookout

Horoscope

VIRGO (Aug. 23-Sept. 22) You may be the only one in your circle willing to take on a new responsibility on your own. It has to be done, and you know how to do it.

LIBRA (Sept. 23-Oct. 22) You're concerned with money matters, certainly, but a more important issue is likely to be put on the table before the day is out.

SCORPIO (Oct. 23-Nov. 21) What begins as nothing more than recreation is likely to capture your interest and imagination in a way that takes you by surprise.

SAGITTARIUS (Nov. 22-Dec. 21) Important information comes your way through usual channels, but that doesn't make it any less pertinent. Pay attention.

CAPRICORN (Dec. 22-Jan. 19) You may feel as though there's no way, at this time, for you to shake things up and provide yourself with something more engaging.

AQUARIUS (Jan. 20-Feb. 18) A strong friendship may be even stronger as the day comes to an end, as a change of circumstances brings out the best in both of you.

PISCES (Feb. 19-March 20) A minor lapse in judgment early in the day can result in a major development later on that is neither good nor bad — yet.

ARIES (March 21-April 19) It may be more difficult than usual to accomplish routine things, partly because someone is looking over your shoulder.

TAURUS (April 20-May 20) You're getting close to a situation that could get out of hand if you do not behave in just the right way at just the right time.

GEMINI (May 21-June 20) It's time for you to break out of current patterns and attempt something that doesn't come naturally. Instincts serve you well.

CANCER (June 21-July 22) You may be considering a career change at this time, but you're not yet ready to put all your eggs in a new professional basket.

LEO (July 23-Aug. 22) Permission may not be required, but it may be a courtesy that is certainly worth the trouble if it smoothes the way for you and your team.

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 215

A ₁	A ₁	A ₁	Y ₄	L ₁	R ₁	R ₁

3rd Letter Triple

--

 RACK 1

E ₁	O ₁	O ₁	B ₃	N ₁	L ₁	F ₄

--

 RACK 2

E ₁	I ₁	O ₁	R ₁	R ₁	R ₁	W ₄

--

 RACK 3

A ₁	A ₁	E ₁	G ₂	K ₅	C ₃	P ₃

Double Word Score

--

 RACK 4

Yesterday's Solution

S ₁	N ₁	I ₁	P ₃	P ₃	E ₁	T ₁	RACK 1 =	72
B ₃	R ₁	O ₁	G ₂	U ₁	E ₁		RACK 2 =	9
C ₃	O ₁	T ₁	E ₁	R ₁	I ₁	E ₁	RACK 3 =	65
L ₁	O ₁	W ₄	N ₁	E ₁	S ₁	S ₁	RACK 4 =	60
PAR SCORE 145-155								TOTAL 206

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

8			9			5		6
	5			1			4	
1			8					
				2		7		9
	4		7		9		6	
9		1		8				
					2			5
	9			3			7	
7		6			1			2

Yesterday's Solution

1	2	8	7	6	5	3	9	4
4	6	5	9	3	2	8	1	7
3	9	7	1	8	4	5	6	2
2	8	6	3	9	7	4	5	1
7	1	9	4	5	6	2	3	8
5	4	3	8	2	1	6	7	9
6	5	1	2	7	8	9	4	3
8	3	4	6	1	9	7	2	5
9	7	2	5	4	3	1	8	6

Need more Sudoku? Find another puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

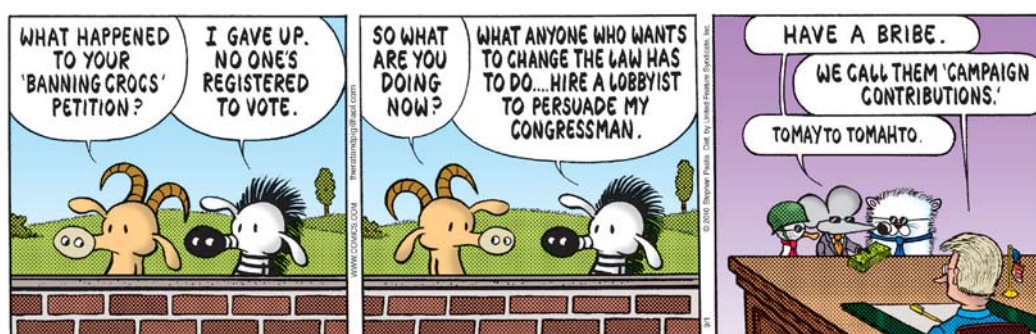
Comics

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POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

96 | **71**

Today: Sunny and hot today. Mainly clear tonight.

92 | **71**

Tomorrow: Sun, then clouds tomorrow. Partly cloudy tomorrow night.

Looking Ahead

FRI **SAT** **SUN**

92 | **70** **80** | **61** **81** | **64**

Sun and Moon
 Sunrise today: 6:37 a.m.
 Sunset today: 7:39 p.m.
 Moonrise today: 11:49 p.m.
 Moonset today: 2:20 p.m.

Almanac
 Normal high: 84
 Record high: 100
 Normal low: 66
 Record low: 49

FORECAST BY ACCUWEATHER.COM ©2009

Healthy Volunteers 21 - 45 Years Old Needed!



The National Institute of Mental Health at the National Institutes of Health in Bethesda, MD is conducting an outpatient research study exploring the effects of hormones on mild stress.

The study requires 3 outpatient visits lasting 3 to 4 hours each. Volunteers will be interviewed and will complete a series of tasks in which physiological functioning will be recorded. Volunteers will receive either a hormone or saline, both given as a nasal spray, and then be exposed to stimuli that may cause mild anxiety.

For more information please call:

1-800-411-1222
TTY: 1-866-411-1010

Se habla español
<http://clinicaltrials.gov>

Refer to study
02-M-0263



You may be eligible to participate, if you:

- are 21 to 45 years old
- are not taking any medications that affect the nervous system
- are in good physical and mental health

You may not be eligible to participate, if you:

- have a medical illness, psychiatric or neurological disorder
- have problems with your wrists or hands
- are pregnant or breastfeeding

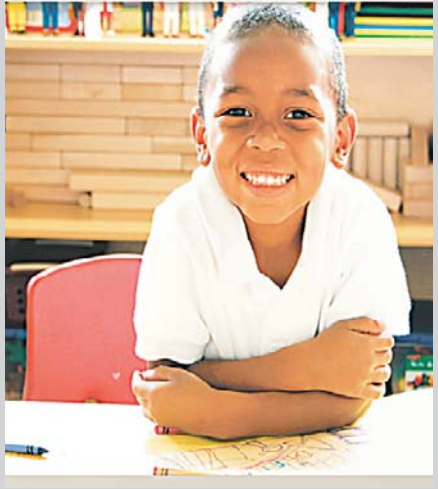
Location of study:

- Study is conducted in Bethesda, Maryland, accessible by metro via the Red Line (Medical Center stop).

All study-related tests and medications are provided at no cost.

Participants are compensated.

What will I be when I grow up...



- A Doctor
- A Lawyer
- A Nurse
- An Engineer
- A Teacher
- An Astronaut
- A Pharmacist
- An Accountant
- A Veterinarian
- A Senator
- A Journalist
- The President

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lookout puzzles

Crossword

FAMILY AFFAIR

ACROSS

- 1 Food once hawked by a Chihuahua
- 5 Eyelid malady
- 9 ___ out (barely achieving)
- 14 Copier paper order
- 15 Appear on the horizon
- 16 Be nosy
- 17 Bear of the skies
- 18 Addict's bugbear
- 19 Apartment that's owned, not leased
- 20 Some acquired relatives
- 23 At a right angle to the keel
- 24 Exhaust, as a supply
- 28 Flanders of "The Simpsons"
- 29 Fall lead-in?
- 33 Thicken, as a mystery
- 34 Kind of clock or bomb
- 36 No longer alive
- 37 Infant transports
- 41 Sport played on horseback
- 42 Vehicle for one's last ride
- 43 Sense instinctively
- 46 Easter egg solutions
- 47 Closest pal, in texting shorthand
- 50 Result of head-swelling
- 52 Broadcast network
- 54 Influential older man
- 58 Cobb or Caesar
- 61 "American ___" (hit TV show)
- 62 Bygone Italian monetary unit
- 63 Do better than show
- 64 "Climactic" intro
- 65 Sleep ___ (decide in the morning)
- 66 French clergymen
- 67 "... and the ___ shall be first" (Matthew 19:30)
- 68 Veal dish: ___ buco

DOWN

- 1 Writer Capote
- 2 Bacterium requiring oxygen
- 3 "Fore" ending
- 4 City on the Missouri River
- 5 Slanderous remark
- 6 Craggy peaks
- 7 Berra of baseball
- 8 Correct misspellings, e.g.
- 9 Avoid finishing a sentence?
- 10 Fruits of education
- 11 It may be negative or positive
- 12 Silent go-ahead
- 13 Feds' document producer
- 21 Like a bottle ready to be recycled
- 22 Played the first card
- 25 "En garde" weapon
- 26 Hot and iced drinks
- 27 Bring to a close

- 30 Avian carrier of Sinbad
- 31 Eastern nanny
- 32 Tuckered out
- 34 "Turn, soldier!"
- 35 Bluesman Robert
- 37 A-peeling sound?
- 38 Chorus part
- 39 Fury
- 40 Allegro ___ (very brisk, in music)
- 41 Apple or banana cream
- 44 Muslim decrees
- 45 ___ for tat
- 47 Some Boston pros
- 48 Big wheel at the carnival
- 49 "You're ___ go"
- 51 Small bottle for a potion (Var.)
- 53 White-walled home
- 55 "So Big" author Ferber

- 56 Addles
- 57 Act the butterfly
- 58 Facility with a jacuzzi
- 59 Vatican vestment
- 60 Mad scientist's hangout

Yesterday's Solution

1	A	M	A	S	S	6	M	E	R	L	E	11	C	P	A
2	C	O	L	O	N	7	O	R	I	E	L	12	L	E	V
3	T	A	B	L	E	8	S	P	O	O	N	13	S	O	W
4	24	25	26	27	28	29	D	E	T	E	S	30	I	N	T
5	R	E	T	I	R	E	D	31	I	N	C	H	E	S	
6	21	22	23	24	25	26	I	N	V	E	S	27	N	C	O
7	P	U	R				F	L	O	O	R	28	S	H	E
8	E	R	E				A	B	A	L	O	N	E	P	E
9	32	33	34	35	36	37	L								
10	R	E	P				O	L							
11	38	39	40	41	42	43	L								
12	C	A	R	T	E	S	44	E	L	A	P	S	E	S	
13	45	46	47	48	49	50	U	T	T	Y	51	S	A	T	O
14	52	53	54	55	56	57	O	D	E	C	O	U	C	H	O
15	S	I	R				58	A	N	I	M	E	59	T	O
16	60	61	62	63	64	65	S	O	S	T	O	T	E	R	
17							66	S	L	E	E	T			

EDITED BY TIMOTHY E. PARKER

Today in History

- 1807** Former Vice President Aaron Burr is found not guilty of treason. (Burr was then tried on a misdemeanor charge, but was again acquitted.)
- 1939** World War II begins as Nazi Germany invaded Poland.
- 1972** Bobby Fischer won the international chess crown in Reykjavik, Iceland, as Boris Spassky resigned before the resumption of Game 21.

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ADVERTISING

Venetians Are Just Really Scared of Lions

The mayor of Venice has banned a billboard from Saint Mark's Square that features a naked Julianne Moore, two lion cubs and some Bulgari purses. "An advertisement showing a nude woman on a divan is not appropriate for St. Mark's Square," he said. Bulgari has replaced it with a billboard featuring Julianne Moore with some clothes on. (EXPRESS)

AILING

Gabor Rushed to the Hospital, Then Released

Ailing 93-year-old Hollywood socialite Zsa Zsa Gabor was found "unresponsive" by her husband on Tuesday and was rushed to the emergency room, her publicist said. A spokesman for Gabor's daughter, Francesca Hilton, confirmed that the former beauty queen was in the hospital but said her condition was "stable." "She is not in a life-threatening situation," he added. (AP)



COVER REHAB

If You Can't Tell The Difference...

In a new interview in Vanity Fair, Lindsay Lohan, 24, claims her partying days are in the past and denies that she ever abused prescription drugs — "That's not who I am." She blames her hard-partying on bad role-models: "I would look up to those girls. ... And I would be like, I want to be like that." Lohan remains positive: "I don't care what anyone says. I know that I'm a damn good actress." (EXPRESS)

Left, February 2006. Right, October 2010. Emphasis, ours.

Feed the Models**When You Feed Them?**

Model Bar Refaeli took to Twitter to register her feelings on thinness in the modeling industry. "I get so sad when I see 15-year-old pale extremely skinny models at the agency looking all shaky and hungry. when will it end?!?!" (EXPRESS)

CASTING OPTIONS

But What She Really Wants to Do Is 'Idol'

Joan Rivers would be happy to appear on Dancing With the Stars, she told EOnline.com. "They've never asked me, so they can go f--k themselves!" she said, opining that she would fit in on the show because she falls into the "old-lady category." Ms. Rivers is 77. (EXPRESS)



"I just hope his partner knows how to fist pump."

— SAMMI "SWEETHEART" GIANCOLA, ON HER "JERSEY SHORE" CO-STAR MIKE "THE SITUATION" SORRENTINO'S UPCOMING TURN ON "DANCING WITH THE STARS."

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